

ATTENTION!

Pregnant African American Women

Black Infant Health Mission: "Empowering African American women, infants and families for a Healthier Tomorrow!"

◆ **The Black Infant Health Program Can Help You If You Meet All Of The Following:**

- ✓ Are an African American woman;
- ✓ Age 16 or older;
- ✓ Less than 6 months postpartum; and
- ✓ Live in Riverside County

◆ **Free Services Include:**

- Supportive group sessions
 - 10 sessions for pregnant women, followed by
 - 10 sessions for new moms
- Case Management
- Individual Client Plans / Life Plans to help you plan your future
- Public Health Nurse and Social Worker
- Health and family support referrals
- Healthy refreshments
- Transportation assistance to and from group sessions
- Resources

◆ **Group Session Topics Include:**

- Breastfeeding
- Child Passenger Safety
- Cultural Heritage
- Healthy Relationships
- Nutrition
- School Readiness Parent Education
- Self-Care and Empowerment
- SIDS/Safe Sleep for Infants
- Stress Management



*We provide services in Perris, Moreno Valley, Hemet and Riverside,
but program is open to Riverside County residents.*

For more information on and/or to enroll in the Black Infant Health Program call (951) 210-1385